

ΠΑΡΑΤΗΡΗΤΗΡΙΟ ΒΑΣΙΚΩΝ ΚΑΤΑΝΑΛΩΤΙΚΩΝ ΑΓΑΘΩΝ

ΣΥΓΚΡΙΣΗ ΜΕ ΠΡΟΗΓΟΥΜΕΝΟ ΜΗΝΑ



Ιουν 2025					
Α/Α	ΠΡΟΪΟΝ	Μέση Σταθμισμένη Τιμή		Αύξηση / Μείωση Τιμής	% Μεταβολή
		Προηγούμενος Μήνας	Τρέχον Μήνας		
ΑΛΛΑΝΤΙΚΑ					
ΑΛΛΑΝΤΙΚΑ					
1	Chrysodalia Lountza Smoked Slices 300gr	3.96	3.42	-0.54	-13.6%
2	Chrysodalia Turkey Smoked Slices 200gr	2.40	2.31	-0.09	-3.7%
3	GRIGORIOU HAM PREMIUM SLICES 150GR	2.70	2.81	0.11	4.1%
4	Grigoriou Lountza Slices 150gr	3.08	2.98	-0.10	-3.2%
5	Grigoriou Salami Extra 300gr	2.53	2.39	-0.14	-5.5%
6	Grigoriou Streaky Bacon Slices 150gr	2.47	2.29	-0.18	-7.3%
7	Grigoriou Turkey Smoked Slices 200gr	3.31	3.23	-0.08	-2.4%
ΒΟΗΘΗΜΑΤΑ ΜΑΓΕΙΡΕΜΑΤΟΣ					
ΖΩΜΟΣ					
8	KNORR BOUILLONS CHICKEN 12 CUBES 120GR	1.16	1.15	-0.01	-0.9%
9	KNORR BOUILLONS VEGETABLES 12 CUBES 120GR	1.53	1.51	-0.02	-1.3%
10	MAGGI BOUILLONS CHICKEN 12 CUBES 132GR	1.44	1.42	-0.02	-1.4%
11	MAGGI BOUILLONS PASTA 12 CUBES 132GR	1.92	1.87	-0.05	-2.6%
12	MAGGI BOUILLONS VEGETABLES 12 CUBES 132GR	1.93	1.91	-0.02	-1.0%
ΝΤΟΜΑΤΟΧΥΜΟΣ/ ΠΕΛΤΕΣ					
13	BLOSSOM TOMATO PASTE CUP 4X70GR	1.98	1.99	0.01	0.5%
14	KEAN POMILORI SIEVE TOMATO PASTE JAR 700GR	1.84	1.82	-0.02	-1.1%
15	MITSIDES TOMATO PASSATA CARTON 3X500GR P-OFF	2.70	2.68	-0.02	-0.7%
16	MITSIDES TOMATO PASTE CUP 4X70GR	1.88	1.98	0.10	5.3%
17	PELARGOS TOMATO PASSATA CARTON 3X250GR	1.31	1.31	0.00	0.0%
ΦΥΤΙΚΟ ΜΑΓΕΙΡΙΚΟ ΛΙΠΟΣ					
18	SPRY 350GR	2.53	2.29	-0.24	-9.5%
ΓΑΛΑΚΤΟΚΟΜΙΚΑ					
ΓΙΑΟΥΡΤΙ					
19	ALAMBRA THE GRANNY SHEEP F/F PC 700GR	2.87	2.65	-0.22	-7.7%
20	CHARALAMB/CHRISTIS STRAINED STRAGGATO F/F PC 1KG	4.11	4.01	-0.10	-2.4%
21	CHARALAMB/CHRISTIS STRAINED STRAGGATO LGT PC 1KG	4.12	3.99	-0.13	-3.2%
22	ZITA STRAINED F/F PC 1KG	3.91	3.65	-0.26	-6.6%
23	ZITA STRAINED LGT PC 1KG	3.91	3.67	-0.24	-6.1%
ΤΥΡΙ					
24	ALAMBRA COTTAGE PC 200GR	1.69	1.62	-0.07	-4.1%
25	ALAMBRA H GIAGIA GOAT/SHEEP HALLOUMI KG	13.85	12.98	-0.87	-6.3%
26	CHARALAMB/CHRISTIS FETA BLOCK 200GR	2.83	2.47	-0.36	-12.7%
27	CHARALAMB/CHRISTIS HALLOUMI PISSOURKOTIKO KG	14.35	13.84	-0.51	-3.6%
28	DIROLLO 2.2% COTTAGE 225GR	2.49	2.39	-0.10	-4.0%
29	DODONI FETA BLOCK 400GR	6.63	6.20	-0.43	-6.5%
30	KESES GOAT/SHEEP HALLOUMI KG	15.37	16.02	0.65	4.2%
31	LA VACHE QUI RIT CHEEZ DIPPERS 4PORTION 140GR	2.98	2.49	-0.49	-16.4%
32	PHILADELPHIA LIGHT PLAIN SPREAD TUBS 200GR	2.41	2.18	-0.23	-9.5%
33	PHILADELPHIA PLAIN SPREAD TUBS 200GR	2.42	2.21	-0.21	-8.7%
34	VALIO EDAM LIGHT 17% SLICES 2X250GR P-OFF	6.57	6.57	0.00	0.0%
35	VEPO FOOD EDAM SLICES 200GR	2.47	2.52	0.05	2.0%
36	VEPO FOOD GOUDA SLICES 200GR	2.46	2.43	-0.03	-1.2%
ΦΡΕΣΚΟ ΓΑΛΑ					
37	CHARALAMBIDES CHRISTIS DELACT HDPE 1L	1.74	1.72	-0.02	-1.1%
38	CHARALAMBIDES CHRISTIS FULL FAT 3% HDPE 2L	2.94	2.91	-0.03	-1.0%
39	CHARALAMBIDES CHRISTIS SEMI SKIMMED 1.5% HDPE 1.5L	2.30	2.31	0.01	0.4%
40	CHARALAMBIDES CHRISTIS SEMI SKIMMED 1.5% HDPE 1L	1.54	1.53	-0.01	-0.6%
41	CHARALAMBIDES CHRISTIS SEMI SKIMMED 1.5% HDPE 2L	2.95	2.94	-0.01	-0.3%
42	LANITIS FULL FAT 3% HDPE 2L	2.94	2.89	-0.05	-1.7%
43	LANITIS SEMI SKIMMED 1.5% HDPE 1.5L	2.28	2.27	-0.01	-0.4%

44	LANITIS SEMI SKIMMED 1.5% HDPE 2L	2.93	2.91	-0.02	-0.7%
ΕΛΛΙΑ					
ΛΑΔΙ					
45	AMBROSIA SUNFLOWER OIL 3L	6.90	6.50	-0.40	-5.8%
46	ELIOHORI EXTRA VIRGIN OLIVE OIL 2L	23.40	22.31	-1.09	-4.7%
47	ELIOHORI EXTRA VIRGIN OLIVE OIL PET 1L	11.91	9.68	-2.23	-18.7%
48	GUSTO SUNFLOWER OIL PET 5L	8.03	8.05	0.02	0.2%
49	LESIEUR SUNFLOWER OIL 3L	6.62	6.26	-0.36	-5.4%
50	SAINT GEORGE CYPRUS EXTRA VIRGIN OLIVE OIL PET 1L	8.60	7.54	-1.06	-12.3%
51	THE KING OF OLIVES SALAD OIL PET 1L	2.92	2.93	0.01	0.3%
ΖΥΜΑΡΙΚΑ / ΑΛΕΥΡΙ / ΡΥΖΙ / ΠΟΥΡΓΟΥΡΙ / ΟΣΠΡΙΑ / ΖΑΧΑΡΗ					
ΑΛΕΥΡΙ					
52	MITSIDES FARINA PLAIN 00 1KG	1.52	1.42	-0.10	-6.6%
53	MITSIDES PLAIN 00 ALL PURPOSE 1KG	1.24	1.08	-0.16	-12.9%
54	MITSIDES SELF RAISING 1KG	1.57	1.42	-0.15	-9.6%
55	MITSIDES VILLAGE 1KG	1.58	1.46	-0.12	-7.6%
56	TRIUMPH FARINA 00 1KG	1.40	1.17	-0.23	-16.4%
57	TRIUMPH VILLAGE 1KG	1.49	1.25	-0.24	-16.1%
ΖΑΧΑΡΗ					
58	SUGAR	0.97	0.98	0.01	1.0%
ΖΥΜΑΡΙΚΑ					
59	BARILLA SPAGHETTI No.5 500GR	1.24	1.04	-0.20	-16.1%
60	MELISSA PRIMO GUSTO ORZO 500GR	1.04	1.20	0.16	15.4%
61	MELISSA PRIMO GUSTO SPAGHETTI No.6 500GR	0.83	0.88	0.05	6.0%
62	MITSIDES MEZZANI A 500GR	1.30	1.28	-0.02	-1.5%
63	MITSIDES ORZO 500GR	1.33	1.24	-0.09	-6.8%
64	MITSIDES SPAGHETTI 500GR	1.18	1.04	-0.14	-11.9%
65	MITSIDES TRADITIONAL 500GR	1.52	1.39	-0.13	-8.6%
66	TRIUMPH SPAGHETTI 500GR	1.14	1.13	-0.01	-0.9%
ΟΣΠΡΙΑ					
67	KAOURIS CANADIAN LAIRD LENTILS 1KG	2.58	2.61	0.03	1.2%
68	NATURAL LIFE IMPORTED BLACK EYE BEANS 1KG	3.14	3.08	-0.06	-1.9%
69	NATURAL LIFE IMPORTED LENTILS 1KG	2.56	2.55	-0.01	-0.4%
70	SOLEAS 3A BEANS 1KG	2.73	2.89	0.16	5.9%
71	SOLEAS 3A BLACK EYE BEANS 1KG	3.77	3.71	-0.06	-1.6%
72	SOLEAS 3A GREEN LENTILS 1KG	2.96	3.07	0.11	3.7%
ΠΟΥΡΓΟΥΡΙ					
73	A.KEPOLA BULGUR WHEAT 1KG	2.50	2.46	-0.04	-1.6%
74	A.KEPOLA BULGUR WHEAT 500GR	1.66	1.66	0.00	0.0%
75	KAOURIS BULGUR WHEAT 500GR	1.48	1.48	0.00	0.0%
76	LISKO FAMELISKO BULGUR WHEAT MEDIUM 500GR	1.20	1.16	-0.04	-3.3%
77	MITSIDES BULGUR WHEAT 1KG	3.17	2.81	-0.36	-11.4%
78	MITSIDES BULGUR WHEAT 500GR	1.76	1.61	-0.15	-8.5%
ΡΥΖΙ					
79	SOLEAS 3A BASMATI RICE BAG 1KG	3.02	2.83	-0.19	-6.3%
80	SOLEAS 3A GLUTINOUS RICE BAG 1KG	2.32	2.06	-0.26	-11.2%
81	SOLEAS 3A PARBOILED RICE 1KG	2.39	2.15	-0.24	-10.0%
82	TILDA BASMATI RICE 1KG	5.50	4.95	-0.55	-10.0%
83	UNCLE BENS LONG GRAIN RICE 1KG	5.49	4.83	-0.66	-12.0%
84	UNCLE BENS LONG GRAIN RICE BOX 2KG	9.36	9.47	0.11	1.2%
ΚΑΤΕΨΥΓΜΕΝΑ					
ΚΑΤΕΨΥΓΜΕΝΑ ΖΥΜΑΡΙΚΑ					
85	CHARALAMBIDES CHRISTIS RAVIOLI 400GR	4.19	3.83	-0.36	-8.6%
86	HERCULES RAVIOLI 400GR	3.17	2.90	-0.27	-8.5%
87	MITSIDES VILLAGE RAVIOLI 375GR	3.49	2.81	-0.68	-19.5%
ΚΑΤΕΨΥΓΜΕΝΑ ΜΑΛΑΚΙΑ/ ΟΣΤΡΑΚΟΕΙΔΗ					
88	7 THALASSES SHRIMPS 30/50 500GR	9.51	8.80	-0.71	-7.5%
89	BLUE GREEN WAVE OCTOPUS 1KG	5.91	5.90	-0.01	-0.2%
90	BLUE GREEN WAVE SQUID RINGS 1KG	7.09	6.81	-0.28	-3.9%
91	EDESMA SQUID RINGS 1KG	7.49	7.49	0.00	0.0%
ΚΑΤΕΨΥΓΜΕΝΟ ΨΑΡΙ					
92	EDESMA RED FISH 1KG	7.17	7.05	-0.12	-1.7%
93	FINDUS SALMON PORTIONS 4X125GR	16.16	16.41	0.25	1.5%
94	FOODPAX SALMON PORTIONS 4X125GR	15.57	12.67	-2.90	-18.6%
95	QUALIFOOD PANGASIU FILLETS 1KG	3.49	3.72	0.23	6.6%

96	QUALIFOOD SALMON PORTION 4X125GR	13.08	13.59	0.51	3.9%
ΚΑΤΕΨΥΓΜΕΝΟ ΨΑΡΙ ΠΑΝΕ/ ΠΡΟΨΗΜΕΝΟ					
97	7 SEAS COD BREADED FISH FILLETS 400GR	3.56	3.56	0.00	0.0%
98	BIRDS EYE COD FISH FINGERS 14PCS 350GR	6.43	6.11	-0.32	-5.0%
99	BIRDS EYE SIMPLY 4 COD FILLET BREADED 440GR	9.91	9.56	-0.35	-3.5%
100	BLUE GREEN WAVE COD FISH FILLET BREADED 4PCS 400GR	4.27	4.09	-0.18	-4.2%
101	NORDA WHITE FISH FISH STICKS 10PCS 300GR	3.16	3.06	-0.10	-3.2%
ΨΥΓΕΙΟΥ ΚΑΙ ΚΑΤΕΨΥΓΜΕΝΑ ΜΠΕΡΚΕΡ					
102	EDESMA VEGETABLE BURGERS 4P 380GR	4.96	4.96	0.00	0.0%
103	EN ELLADI NOSTIMIES BURGERS 420GR	4.06	3.98	-0.08	-2.0%
104	GRIGORIOU BEEF BURGERS 4P 600GR	5.48	6.28	0.80	14.6%
105	GRIGORIOU HAMBURGERS 6P 480GR	3.98	4.03	0.05	1.3%
106	GRIGORIOU TURKEY BURGERS 6P 480GR	4.44	4.88	0.44	9.9%
107	KYPRIANOU SPECIAL CHICKEN BURGERS 900GR	6.60	6.61	0.01	0.2%
ΨΥΓΕΙΟΥ ΚΑΙ ΚΑΤΕΨΥΓΜΕΝΟ ΚΡΕΑΣ ΠΑΝΕ/ ΠΡΟΨΗΜΕΝΟ					
108	EDESMA CHICKEN NUGGETS 500GR	5.55	5.53	-0.02	-0.4%
109	EDESMA CHICKEN NUGGETS 900GR	7.15	7.23	0.08	1.1%
110	EMA FOODS CHICKEN NUGGETS 900GR	8.35	7.44	-0.91	-10.9%
111	EN ELLADI CHICKEN NUGGETS 400GR	4.74	4.70	-0.04	-0.8%
112	EN ELLADI MEAT BALLS 420GR	4.20	4.15	-0.05	-1.2%
113	PARADISIOTIS CHICKEN NUGGETS 800GR	5.12	5.23	0.11	2.1%
ΚΑΦΕΣ					
ΚΥΠΡΙΑΚΟΣ ΚΑΦΕΣ					
114	CHARALAMBOUS GREEN 200GR	3.54	3.40	-0.14	-4.0%
115	CHARALAMBOUS GREEN 500GR	8.77	8.55	-0.22	-2.5%
116	LAIKON GOLD 200GR	3.58	3.44	-0.14	-3.9%
117	LAIKON GOLD 500GR	8.85	8.44	-0.41	-4.6%
ΣΤΙΓΜΙΑΙΟΣ ΚΑΦΕΣ					
118	CELEST CAFE TIN 200GR	4.80	4.89	0.09	1.9%
119	JACOBS EKLEKTOS JAR 100GR	3.91	4.12	0.21	5.4%
120	NESCAFE AZERA ESPRESSO TIN 100GR	6.62	6.73	0.11	1.7%
121	NESCAFE CLASSIC DEC TIN 100GR	5.07	4.87	-0.20	-3.9%
122	NESCAFE CLASSIC TIN 100GR	4.16	4.06	-0.10	-2.4%
123	NESCAFE CLASSIC TIN 200GR	6.10	6.09	-0.01	-0.2%
124	NESCAFE GOLD BLEND JAR 190GR	6.38	6.31	-0.07	-1.1%
125	NESCAFE GOLD BLEND JAR 95GR	3.79	4.18	0.39	10.3%
ΚΟΝΣΕΡΒΕΣ					
ΓΑΛΑ ΕΒΑΠΟΡΕ/ ΖΑΧΑΡΟΥΧΟ					
126	MANA CONDENSED CAN 397GR	1.90	1.93	0.03	1.6%
127	NOYNOY CONDENSED CAN 397GR	1.82	1.78	-0.04	-2.2%
128	NOYNOY EVAPORATED CAN 410GR	1.29	1.29	0.00	0.0%
129	NOYNOY LIGHT EVAPORATED CAN 410GR	1.29	1.29	0.00	0.0%
130	NOYNOY LIGHT EVAPORATED PORTIONS 10X15GR	1.25	1.25	0.00	0.0%
ΚΟΝΣΕΡΒΕΣ ΚΡΕΑΤΟΣ					
131	Karla Corned Beef 340gr	3.21	3.22	0.01	0.3%
132	Tulip Pork Chopped Ham 200gr	2.33	2.38	0.05	2.1%
133	Tulip Pork Luncheon Meat 200gr	2.25	2.25	0.00	0.0%
134	Zwan Chicken Luncheon Meat 200gr	2.14	2.03	-0.11	-5.1%
135	Zwan Pork Chopped Ham 200gr	2.95	2.85	-0.10	-3.4%
136	Zwan Pork Luncheon Meat 200gr	2.17	2.19	0.02	0.9%
ΚΟΝΣΕΡΒΕΣ ΨΑΡΙΟΥ					
137	RIO MARE TUNA IN OLIVE OIL 2X160GR	4.89	4.64	-0.25	-5.1%
138	RIO MARE TUNA MEAT LIGHT IN OLIVE OIL 3X80GR	3.97	3.76	-0.21	-5.3%
139	SEVYCO WHITE TUNA LIGHT IN WATER 4X100GR	3.83	3.66	-0.17	-4.4%
140	SHEIK PINK TUNA IN SOYABEAN OIL 4X80GR	3.42	3.39	-0.03	-0.9%
141	SHEIK WHITE TUNA LIGHT IN WATER 4X160GR	6.04	6.33	0.29	4.8%
ΞΗΡΑ ΤΡΟΦΗ					
ΔΗΜΗΤΡΙΑΚΑ ΠΡΟΓΕΥΜΑΤΟΣ					
142	KELLOGG S SPECIAL K CLASSIC MAXI 700GR	4.99	5.03	0.04	0.8%
143	Kellogg S Coco Pops 500gr	3.83	3.70	-0.13	-3.4%
144	Kellogg S Coco Pops Chocos 375gr	2.81	2.60	-0.21	-7.5%
145	Kellogg S Corn Flakes 500gr	3.30	3.11	-0.19	-5.8%
146	Kellogg S Honey Loops 330gr	3.44	2.96	-0.48	-14.0%
147	Oreo Os Cookies&Cream Cerals 350gr	4.12	4.15	0.03	0.7%
148	Quaker Traganes Mpoukies Dark Chocolate 450gr	3.43	3.15	-0.28	-8.2%

149	Quaker White Oats Bag 500gr	1.88	1.89	0.01	0.5%
ΚΟΥΛΟΥΡΙΑ					
150	7DAYS BAKE ROLLS MINI PIZZA 80GR	0.82	0.83	0.01	1.2%
151	BAKANDYS BREADSTICKS OLIVE OIL 250GR	3.70	3.66	-0.04	-1.1%
152	BAKANDYS RUSKS RYE 200GR	2.66	2.78	0.12	4.5%
153	ELITE TOAST RYE 360GR(3+1 FREE)	1.91	2.19	0.28	14.7%
154	ELITE TOAST WHEAT 500GR(3+1 FREE)	2.30	2.33	0.03	1.3%
155	JOHNSOF BREAD COOKIES NAPOLITANO RAISIN 240GR	2.92	2.82	-0.10	-3.4%
156	JOHNSOF CROUTONS WHEAT 320GR	2.76	2.76	0.00	0.0%
157	MARIAS BREAD COOKIES CAROB 350GR	3.23	3.20	-0.03	-0.9%
ΜΠΙΣΚΟΤΑ					
158	FROU FROU JOKER CHOCO COV. SW 12X25GR(3 FREE)	4.02	3.56	-0.46	-11.4%
159	FROU FROU MORNING COFFEE PL 150GR	1.18	1.14	-0.04	-3.4%
160	KATERINA PETIT FOURS PL 500GR	4.60	4.62	0.02	0.4%
161	KINDER CARDS COCOA&MILK FIL 5X25.6GR	2.24	2.13	-0.11	-4.9%
162	NUTELLA FILLED CHOCO BISCUITS FIL T22 304GR	3.71	3.34	-0.37	-10.0%
163	OREO MINI VANILLA SW 115GR	1.84	1.88	0.04	2.2%
ΡΟΦΗΜΑΤΑ					
ΑΝΑΨΥΚΤΙΚΑ					
164	7 UP DIET/FREE CAN 8X330ML	4.50	4.46	-0.04	-0.9%
165	7 UP REGULAR CAN 8X330ML	4.51	4.49	-0.02	-0.4%
166	COCA COLA REGULAR CAN 330ML	0.95	0.95	0.00	0.0%
167	COCA COLA REGULAR CAN 8X330ML	5.08	4.87	-0.21	-4.1%
168	COCA COLA ZERO CAN 8X330ML	5.10	4.88	-0.22	-4.3%
169	PEPSI MAX CAN 8X330ML	3.77	3.69	-0.08	-2.1%
ΕΜΦΙΑΛΩΜΕΝΟ ΝΕΡΟ					
170	AGROS STILL PET 12X500ML	2.98	2.88	-0.10	-3.4%
171	AGROS STILL PET 6X1.5L	2.47	2.43	-0.04	-1.6%
172	ΑΥΙΟΣ ΝΙΧΟΛΑΟΣ STILL PET 12X500ML	3.04	2.90	-0.14	-4.6%
173	ΑΥΙΟΣ ΝΙΧΟΛΑΟΣ STILL PET 6X1.5L	2.47	2.42	-0.05	-2.0%
174	ΚΥΚΚΟΣ STILL PET 12X500ML	2.95	2.75	-0.20	-6.8%
175	ΚΥΚΚΟΣ STILL PET 6X1.5L	2.44	2.32	-0.12	-4.9%
ΧΥΜΟΙ					
176	KEAN MANGO&POMEGRANATE NECTAR TP 1L	1.67	1.61	-0.06	-3.6%
177	KEAN ORANGE 100% TP 1L	2.08	2.03	-0.05	-2.4%
178	KEANITA KIDS ORANGE DRINK TB 9X250ML	4.16	3.93	-0.23	-5.5%
179	LIFE APPLE&CARROT&ORANGE 100% PET 400ML	1.46	1.51	0.05	3.4%
180	LIFE ORANGE 100% PET 1L	2.83	2.47	-0.36	-12.7%
181	LIFE ORANGE 100% PET 400ML	1.45	1.49	0.04	2.8%
ΦΡΕΣΚΑ ΠΡΟΪΟΝΤΑ					
ΑΥΓΑ					
182	Αυγά 12 τεμάχια (M) - (53gr - 63gr) -(φθηνότερη συσκ.)	3.43	3.46	0.03	0.9%
ΦΡΕΣΚΟ ΚΡΕΑΣ/ ΠΟΥΛΕΡΙΚΑ/ ΚΟΥΝΕΛΙ					
183	Αμνοερίφια μικρά σε κομμάτια (Kg)	12.42	11.75	-0.67	-5.4%
184	Βοδινό top-side (Kg) (Ψαχνό, χωρίς κόκκαλο και λίπος)	14.38	15.02	0.64	4.5%
185	Βοδινός κιμάς (Kg)	9.17	9.64	0.47	5.1%
186	Κοτόπουλο ολόκληρο (Kg) (Χαμηλότερη Τιμή)	3.75	3.73	-0.02	-0.5%
187	Κοτόπουλο στήθος φιλέτο (Kg) (Χαμηλότερη Τιμή)	7.81	7.82	0.01	0.1%
188	Κουνέλι (Kg) (χαμηλότερη τιμή)	10.57	10.59	0.02	0.2%
189	Χοιρινή Μπριζόλα φιλέτο (Kg)	5.79	6.06	0.27	4.7%
190	Χοιρινός Κιμάς (Kg)	5.51	5.64	0.13	2.4%
191	Χοιρινός Λαπάς με κόκκαλο (Kg)	6.12	5.93	-0.19	-3.1%
ΦΡΕΣΚΟ ΨΑΡΙ/ΜΑΛΑΚΙΑ					
192	Γόπες (Kg)	10.69	10.31	-0.38	-3.6%
193	Καλαμάρι Μεγάλο (Kg)	10.10	9.83	-0.27	-2.7%
194	Καλαμάρι Μικρό (Kg)	19.65	19.59	-0.06	-0.3%
195	Λαβράκι (Kg)	12.53	15.75	3.22	25.7%
196	Μπαρμπούνι (Kg)	27.98	26.95	-1.03	-3.7%
197	Τσιπούρα (Kg)	9.43	9.95	0.52	5.5%
198	Χταπόδι (Kg)	22.06	19.22	-2.84	-12.9%
ΧΟΡΤΑ					
199	Αγγουράκια Θερμοκηπίου (Kg)	0.79	0.63	-0.16	-20.3%
200	Αγγουράκια Χωραφίου (Kg)	1.21	0.95	-0.26	-21.5%
201	Ντομάτες Α (Kg)	1.98	1.27	-0.71	-35.9%
202	Πατάτες Φρέσκες (Kg)	2.01	2.07	0.06	3.0%

203	Χόρτα Δέσμης	0.50	0.54	0.04	8.0%
ΨΩΜΙ					
204	Slice Άσπρο μεγάλο (900gr - 1000gr) (χαμηλότερη τιμή)	1.88	1.87	-0.01	-0.5%
205	Slice Άσπρο μικρό (450gr-500gr) (χαμηλότερη τιμή)	1.64	1.64	0.00	0.0%
206	Slice Ολικής Αλέσεως μεγάλο (900gr - 1000gr) (χαμηλότερη τιμή)	2.13	2.14	0.01	0.5%
207	Slice Ολικής Αλέσεως μικρό (450gr-500gr) (χαμηλότερη τιμή)	1.73	1.72	-0.01	-0.6%
208	Ψωμί Άσπρο μεγάλο (900gr - 1000gr) (χαμηλότερη τιμή)	1.65	1.65	0.00	0.0%
209	Ψωμί Άσπρο μικρό (450gr-500gr)(χαμηλότερη τιμή)	1.30	1.31	0.01	0.8%
FUEL					
CHARCOAL					
210	ETOSHA 5kg	6.17	5.82	-0.35	-5.7%
211	ΠΥΡΣΟΣ 5kg	6.28	6.26	-0.02	-0.3%
ΑΠΟΡΡΥΠΑΝΤΙΚΑ/ ΜΑΛΑΚΤΙΚΑ ΡΟΥΧΩΝ					
ΑΠΟΡΡΥΠΑΝΤΙΚΑ ΡΟΥΧΩΝ					
212	ARIEL TOUCH LENOR FRESH 50WSH LIQ 2.75L	10.99	10.98	-0.01	-0.1%
213	DIXAN POWER GEL MULTICOLOR 48W 2.16L	7.20	6.85	-0.35	-4.9%
214	DIXAN POWER GEL UNIVERSAL 48W 2.16L	7.19	6.83	-0.36	-5.0%
215	EUREKA ACTIVE CARE 75WSH PWD 4.125KG	8.88	8.49	-0.39	-4.4%
216	EUREKA MASSALIAS CLASSIC 57WSH LIQ 2.592L	6.26	5.82	-0.44	-7.0%
217	EUREKA MASSALIAS LAVENDER 57WSH LIQ 2.592L	6.27	5.81	-0.46	-7.3%
ΜΑΛΑΚΤΙΚΑ ΡΟΥΧΩΝ					
218	COMFORT GOLD LILY&WILD BERRY 4L	5.47	5.49	0.02	0.4%
219	COMFORT GOLD WILD ORCHID&SANDALWOOD 4L	5.60	5.43	-0.17	-3.0%
220	COMFORT PURELY SOFT 4L	5.29	4.92	-0.37	-7.0%
ΕΙΔΗ ΠΡΟΣΩΠΙΚΗΣ ΥΓΙΕΙΝΗΣ					
ΣΕΡΒΙΕΤΕΣ ΥΓΕΙΑΣ					
221	ALWAYS PADS SECURE NIGHT ULTRA DUO W 12P	2.11	2.02	-0.09	-4.3%
222	ALWAYS PADS ULTRA DAY LONG PLUS GIGAPACK TRIPLE W 36P	3.73	3.76	0.03	0.8%
223	ALWAYS PADS ULTRA NORMAL PLUS DUO W 20P	2.19	2.20	0.01	0.5%
224	EVERYDAY PADS HYPERDRY ULTRA PLUS SUPER DUO W 18P	1.97	1.94	-0.03	-1.5%
ΧΑΡΤΙ ΥΓΕΙΑΣ					
225	ELITE LUXURY WHITE 3PLY 10P	4.11	4.08	-0.03	-0.7%
226	HOPE ULTRA SOFT 3PLY 10P	3.51	3.52	0.01	0.3%
227	KLEENEX PREMIUM CREAM 2PLY 12P	11.24	10.60	-0.64	-5.7%
228	KLEENEX PREMIUM WHITE 2PLY 12P	11.24	10.63	-0.61	-5.4%
229	KLEENEX SCOTTONELLE PURE CLEAN MEGA WHITE 2PLY 32P	14.08	12.36	-1.72	-12.2%
230	SILKY WHITE 2PLY 24P	7.13	7.07	-0.06	-0.8%
ΚΥΛΙΝΔΡΟΣ ΥΓΡΑΕΡΙΟΥ					
ΚΥΛΙΝΔΡΟΣ ΥΓΡΑΕΡΙΟΥ					
231	ΚΥΛΙΝΔΡΟΣ 10kg (ΤΙΜΗ ΜΕ ΕΠΙΣΤΡΟΦΗ ΑΔΕΙΟΥ)	16.68	15.94	-0.74	-4.4%
ΒΡΕΦΙΚΑ ΠΡΟΙΟΝΤΑ					
ΒΡΕΦΙΚΕΣ ΠΑΝΕΣ					
232	NANNYS SENSITIVE 5 JUNIOR 12-25KG 44P	9.59	9.47	-0.12	-1.3%
233	NANNYS SENSITIVE 7 JUMBO PLUS 15+KG 36P	9.44	8.99	-0.45	-4.8%
234	PAMP. ACTIVE BABY 6 EXTRA LARGE 13-18KG 56P	13.95	13.97	0.02	0.1%
235	PAMP. ACTIVE BABY 7 MAXI 15+KG 40P	10.60	10.31	-0.29	-2.7%
236	PAMP. ACTIVE BABY JUNIOR 5 11-16KG 64P	13.93	13.95	0.02	0.1%
237	PAMP. PREMIUM CARE 1 NEW BORN 2-5KG 52P	10.87	10.24	-0.63	-5.8%
ΒΡΕΦΙΚΕΣ ΤΡΟΦΕΣ					
238	HIPP BIO DAIRY FREE OAT PORRIDGE 4M+ CRT 200GR	3.94	3.79	-0.15	-3.8%
239	NESTLE FARINE LACTEE WHEAT CEREALS 6M+ CRT 350GR	3.04	2.98	-0.06	-2.0%
240	NOYNOY 5 FRUIT CEREAL CREAM 6M+ TIN 300GR P-OFF	5.47	5.47	0.00	0.0%
241	NOYNOY BISCUIT CEREALS 6M+ TIN 300GR P-OFF	5.52	5.62	0.10	1.8%
242	NOYNOY FARINE LACTEE CEREALS 6M+ TIN 300GR P-OFF	3.38	3.30	-0.08	-2.4%
243	YIOTIS FARINE LACTEE MILK CEREAL CREAM 6M+ TIN 300GR	3.19	3.03	-0.16	-5.0%
ΒΡΕΦΙΚΟ ΓΑΛΑ					
244	Frisogrow 3 1-3y Tin 800gr	19.48	18.41	-1.07	-5.5%
245	Frisogrow Plus+ 3-5y Tin 800gr	16.77	16.68	-0.09	-0.5%
246	Frisolac 1 0-6m Tin 800gr	22.39	22.42	0.03	0.1%
247	Frisomel 2 6m+ Tin 800gr	19.24	18.41	-0.83	-4.3%
248	Nan 4 Protect Build 2y+ Tin 400gr	9.61	9.64	0.03	0.3%
249	S-26 Progress Gold 3 1-3y Tin 400gr	10.01	9.31	-0.70	-7.0%